



7 WAYS TO CELEBRATE *you* Today!

TIPS TO RECOGNIZE & REWARD GOAL MILESTONES

SAY THANKS!

Write yourself a Thank You note acknowledging your genuine appreciation for coming as far as you have. Give yourself credit for staying the course. It can be short & sweet. It can be long & flowery. Anything goes as long as it's sincere.

SHARE IT

WHEN YOU MEET A MILESTONE TELL SOMEONE. IN FACT, TELL A LOT OF SOMEONES, POST IT ONLINE! YOUR WINS ARE FAR MORE INTERESTING & INSPIRING THAN THOSE OTHER POSTS ABOUT FOOD, POLITICS, AND CRINGE-WORTHY CUSTOMER SERVICE EXPERIENCES...

SHARE SOME GOOD NEWS INSTEAD!

WINS FOLDER

Find a spot to store your wins, successes, & accomplishments. Keep your mountaintop moments in one spot. It comes in handy when you least expect it.

Need to dust off your resume?
Want to do a year in review?
Feeling doubtful about your goal?
Just grab your Wins Folder.

GRUB!

Gather up your tribe or make it a party of one, or anything in between. Then go enjoy coffee, lunch, ice cream, happy hour, a fancy dinner or even just a dirty water dog from the vendor on the street corner. It doesn't matter what to choose to chow - just enjoy your win while you do it.

MUSIC

Crank up a song you love!
Dance! Sing it out loud, really loud!

Oh just do it, who cares?!?!

GIFT YOURSELF

Give yourself something you really want. This could be something material... I've done flowers, running shoes, file folders and perfume for myself!

Even better I think, is the gift of time to do something I love to do - read a book, go to the beach, walk the dogs, yoga, meditate, call a friend I haven't talked to in a while.

GRATITUDE

The most powerful of all 7 celebrations is gratitude. Taking time to recall how you got to your current milestone is time well spent. Appreciation for how we have grown, what we've learned, and the support we received from others along the way is powerful stuff. Gratitude reinforces the idea that success is attainable. It creates momentum to continue and willingness to think bigger, ultimately raising the limits for what's possible in our lives.